

Meet the master of alternative medicine revolutionising the wellbeing industry after 35 years mastering hypnotherapy, reiki healing & much more



After **35 years working in the wellbeing industry**, an **alternative medicine master** based in Mersea Island is **changing the face of holistic healing**.

Background

After working in a nursery for 6 years, **Jill Jesson** (66) began her **35 year journey** working in the **natural medicine industry** as a means of exploring an early passion and an **innate ability** she'd picked up on when she was a child.

*"From an early age I can remember **sensing people's energies** and being highly attuned to how they were feeling. At 8 I was chatting to old people on buses and listening to their woes and **encouraging my granddad to go on daily walks up and down the garden for the sake of his health**. By 12 I was researching everything I could about nutrition and **collating pictures of vitamins and minerals in a scrapbook for fun**. It made sense that I was always destined for a career looking after people".*

Mastering Natural Medicine

Jill's first port of call was to work in healing the body, studying **massage, nutrition and physical and sports therapy** techniques - but felt as if she could **do more than work on just the physical body**.

*"While in sports therapy I worked with an athlete who was in emotional distress which made **his injury extremely slow healing** - this made me realise that **just physical treatment wasn't enough**. If I was committed to helping people, I had to know how to treat their **body, mind and spirit**".*

Jill continued her studies over **20 years** learning about and earning qualifications in:

- **Psychology**
- **Aromatherapy**
- **Auricular therapy**
- **Spiritual and reiki healing**
- **Hypnotherapy**
- **Past life regression**
- **Kinesiology**
- **Homoeopathy**

Jill even spent 2 months in Thailand learning **Thai acupressure** before going on to work as a **counsellor, meditation leader, and inventor of a range of successful aromatherapy products** in Johannesburg.

Jill's Work

After spending **35 years in alternative medicine**, Jill along with her husband **Allen** went on to start their business **Vitali-Chi**, **incorporating all of her learnings into a range of innovative healing systems and vibration infused wellbeing products** targeting stress, anxiety and energy blockages.

*"When I work with a patient I like to work to **clear blockages through the body's meridian** while talking through their **lifestyle choices, emotional stressors**, and the **root cause of their symptoms** to treat every aspect of their ailment".*

Jill is available for expert comment on energy healing, counselling and psychology, and all things natural medicine.



ABOUT VITALI-CHI

Founded in 2013, **Vitali-Chi** is an alternative healing brand based on Mersea Island. Wanting to make natural wellbeing accessible for all, **Vitali-Chi** has created a range of innovative healing systems and vibration-infused skin and wellbeing care products to help with sleep, stress, anxiety and more.

www.VITALI-CHI.com

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